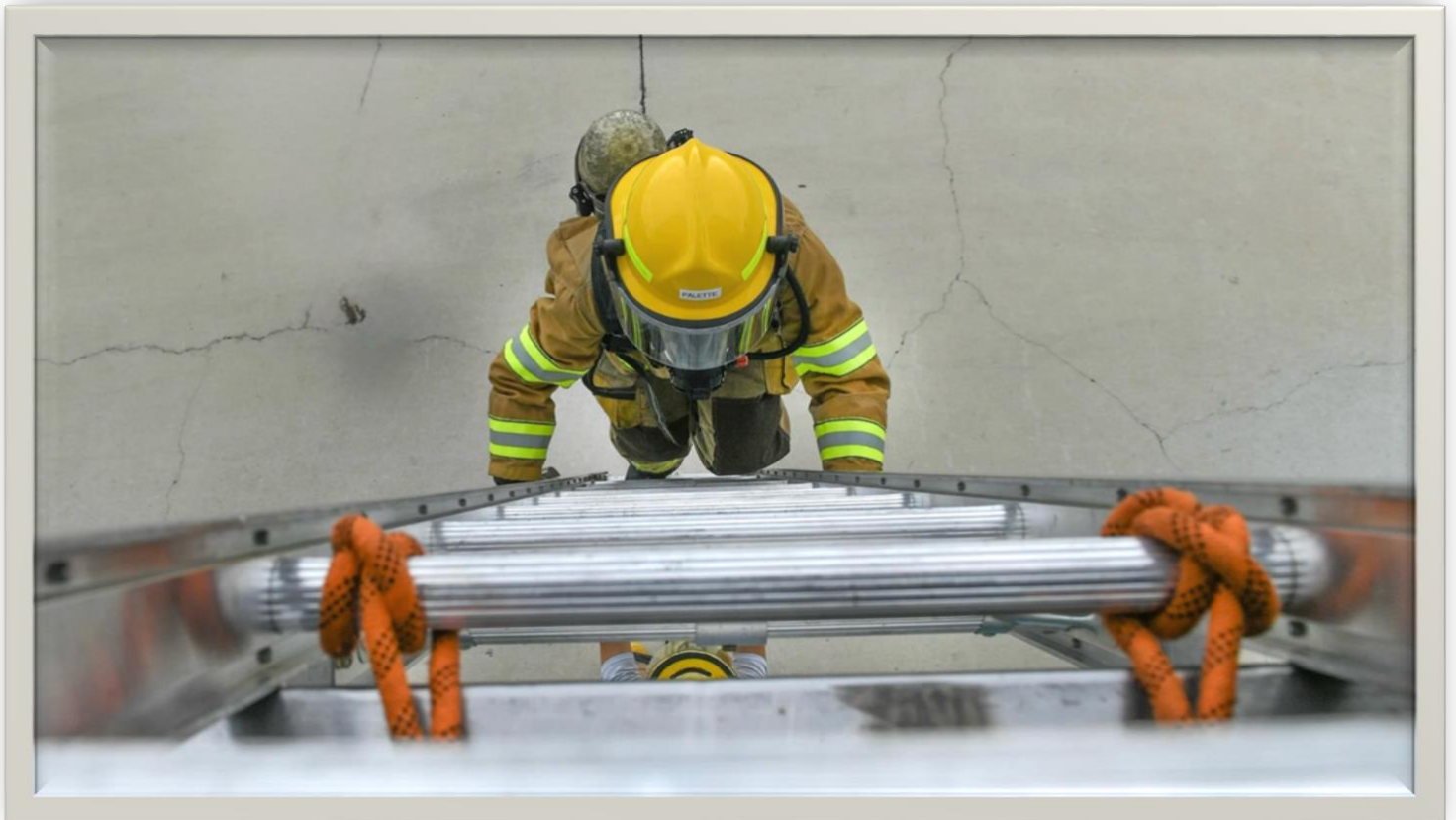





# CANDIDATE ORIENTATION GUIDE

## *FIREGROUND PHYSICAL ABILITY TEST (FPAT)*





The purpose of this orientation guide is to introduce you to the Fireground Physical Ability Test (FPAT). The FPAT is a job simulation physical ability test, designed by IOS in partnership with Firesled Fitness, for assessing essential physical abilities of firefighter applicants and incumbent firefighters. The FPAT consists of a series of tasks designed to assess important physical abilities necessary for effective job performance as a firefighter. These tasks were developed to mirror real situations that firefighters encounter on the job. These tasks represent basic skills that do not require training or previous experience as a firefighter to successfully complete.

The FPAT consists of thirteen job simulation components that assess essential firefighter physical abilities. The components are completed in a continuous series, and you will be required to complete all components at or under the consortium **cut score of 8:30 (8 minutes and 30 seconds)**. The following points should help to familiarize you with what will take place on the day of the FPAT.

- You will be outfitted with a 50-pound weighted simulated SCBA, gloves and a safety helmet prior to the FPAT.
- You are strongly encouraged to wear athletic shoes and appropriate clothing. You will be performing physical activities that demonstrate strength, agility, and endurance. It is important to be outfitted in attire that does not hinder your performance.
- You will be guided through the course by a proctor. The proctor will provide proactive instruction and, when necessary, correct unwanted behavior. It is acceptable to ask the proctor questions concerning course rules and layout prior to beginning the course and while on the course.
- The proctor will provide an initial warning should you engage in unwanted behavior. A second warning regarding the same unwanted behavior will result in disqualification.
- The proctor reserves the right to terminate your participation in the FPAT at any time, should you appear to be endangering the health or safety of yourself and/or others.
- All thirteen components of the FPAT will be timed in a continuous series. Failure to complete the course in the allowed time will result in disqualification.
- You must not run during the test. Failure to heed a first warning not to run will result in disqualification. Running is defined as any time both feet are off the ground at the same time while you are advancing on the course.

It is the expectation that this orientation guide will provide you with sufficient information to prepare for and succeed in the FPAT. The thirteen components that compose the FPAT are outlined on the following pages.

The thirteen components of the FPAT are described below. A video of a firefighter completing the FPAT course can be viewed on YouTube™ by navigating your browser to the following URL:

<https://iosolutions.com/firesled-ios-fpat-instructional-video/>

# FPAT Components

## 1. Equipment Carry

You will be required to carry two kettle bells (20 lbs. and 25 lbs.) at the same time, for a total distance of 100 feet. You will start the FPAT with your hands on each of the kettle bells. After lifting both kettle bells from the platform, you will walk down to the far marker cone, make a right hand turn around the cone, walk to the near marker cone, make a right hand turn around the cone, and then return both kettle bells to the platform. Candidates may rest or set kettlebells down at any time but may only advance forward while both kettlebells are being fully carried. If a kettlebell falls from the platform, the candidate must pick it up and return it to the platform.



## 2. Forcible Entry

You will be required to strike a target block/sled, mounted on a track, using a sledge hammer. You will walk to the right-hand side of Punisher and remove the sledge hammer. You will start with a right-handed grip and strike the target area of the “sled” until the sled reaches the end of the track. Then you will reverse grip and strike the “sled” back to its original position. You may not “push” the sled – it must be advanced using strikes. Once the sled reaches the end of the track, you will replace the sledge hammer in the holder.



## FPAT Components

### 3. Walk 1

You will walk down to the far marker cone, make a right hand turn around the cone, walk to the near marker cone, and then approach the ladder simulator to your left. The distance of travel is approximately 100 feet.



### 4. Ladder Carry

You will be required to carry a 65-pound simulated ladder for a distance of 100 feet. You will lift and carry the yellow ladder simulator, either by positioning it on your shoulder or holding it with two hands, to the near cone, make a right hand turn around the cone, walk down to the far cone, right hand turn around the far cone, walk back to the near cone and then replace the ladder in its mounts on the Firesled.



## FPAT Components

### 5. Ladder Climb

You will be required to climb a distance of 50 feet on a ladder climbing simulator. You will walk toward the near cone, make a right hand turn around the cone and walk to the Laddermill. The proctor stationed here will set the Laddermill at a resistance appropriate to your weight, and adjust the resistance level as necessary to avoid the machine from “bottoming out”. The proctor will instruct you to ask for more or less resistance. Once the electronic meter indicates that you have climbed a total distance of 50 feet, the proctor will instruct you to dismount the Laddermill.



### 6. Walk 2

You will turn to the right and walk to the near perimeter marker cone, make a right hand turn around the cone and walk to the opposite perimeter marker cone, make a right hand turn and walk to the far perimeter marker cone, then make a right hand turn around the cone and walk to the Firesled simulator. The total distance of travel is approximately 140 feet.



## FPAT Components

### 7. Charged Line Advance

You will pick up the hoseline, drape it over your shoulder, and pull the simulator forward for a distance of 50 feet. You will be instructed to stop when the Firesled has reached the target area. You may stop and rest during this component.



### 8. Equipment Carry

You will lift one kettle bell (45 lbs.) from a two-foot platform, walk to the far cone, make a right hand turn around the cone, return to the platform and then return the kettle bell to the platform. The distance of travel is 100 feet.





## FPAT Components

### 9. Crawl

You will assume a crawling position behind the start line (hands and knees or hands and feet) and will crawl 25 feet to the end of the mat.



### 10. Hose Feed

You will enter the target box and will position yourself in a kneeling position (two knees or knee and foot) or a seated position. You will reel in the hoseline until the 20-foot marker passes the front edge of the target box. You will be instructed to keep your body inside the target box at all times.



## FPAT Components

### 11. Walk 3

You will walk from the target box to the cone, make a right hand turn around the cone and walk to the Firesled. The distance of travel is approximately 70 feet.



### 12. Ceiling Breach and Pull

You will mount the Firesled and take hold of the pike pole. You will perform 20 breach/pull repetitions. A single repetition consists of pulling downward with the pike pole until the downward motion is blocked and then pushing upward with the pike pole until the upward motion is blocked. The proctor will count repetitions aloud for you and instruct you when to stop. Should you perform an incomplete repetition, the proctor will not count the repetition. Any grip choice is acceptable and you may alter your grip during event if you choose.





## FPAT Components

### 13. Victim Rescue

You will be required to drag the Firesled simulator for a distance of 50 feet to simulate dragging a human victim. You will grab the hand straps and will drag the sled backwards across a designated finish line. You must walk backwards for the drag (cannot drag walking with chest facing forward).



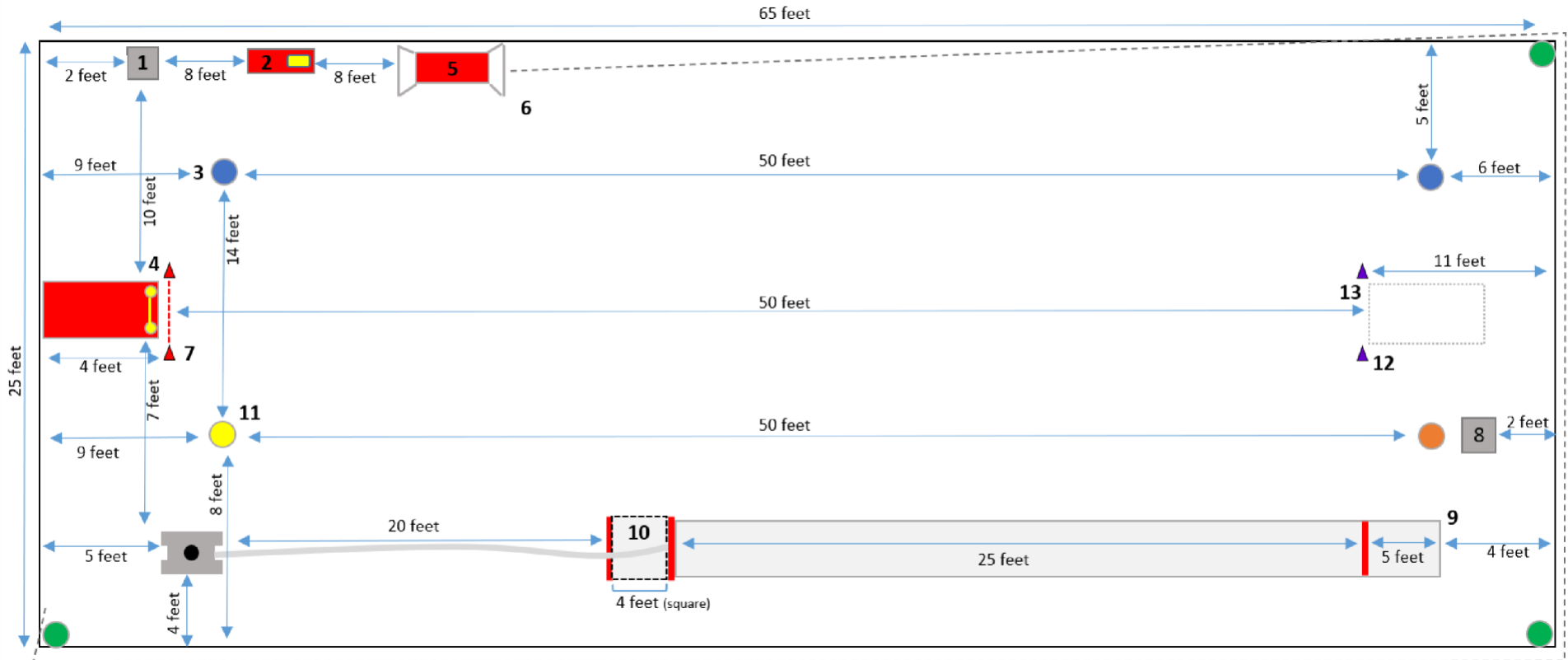
## Scoring

The FPAT is a timed test. **You must complete the FPAT at or faster than the consortium cutoff time of 8 minutes and 31 seconds (8:31) in order to pass.** There is no advantage to seeking to complete the test in a time significantly lower than the allotted time.

Good luck on the FPAT and in your fire service career!

# Fireground Physical Ability Test (FPAT)

## FIREGROUND PHYSICAL ABILITY TEST



1. Equipment Carry
2. Forcible Entry
3. Walk
4. Ladder Carry
5. Ladder Climb
6. Transition Walk

7. Charged Line Advance
8. Equipment Carry
9. Crawl
10. Hose Feed
11. Walk
12. Ceiling Breach and Pull
13. Victim Rescue